

Contextual factors affecting prevention



**Experience of
implementing
*Strengthening
Families
Programme 10-14*
in Poland**

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- The Strengthening Families Program 10–14 (SFP10-14) is a US-developed family-based, universal intervention (authors: Kumpfer, Molgaard) for preventing alcohol and other drug use and problems amongst young people.
- Is delivered within parent, youth, and family sessions using narrated videos portraying typical youth and parent situations with diverse families.
- Parents and youth meet in separate groups for the first hour and together during the second hour.
- Sessions are highly interactive
- The program is taught with 7 -12 families over 7 weeks
- 4 booster sessions can be held 3-12 months after the basic sessions.



- SFP10-14 was evaluated in two large-scale randomized controlled trials in USA.
- Several systematic reviews have highlighted the promising results from these trials but also note the question of whether this US-developed intervention will be applicable in other countries and settings.
- Preliminary results of outcome evaluation in Poland show no evidence for the effectiveness of SFP10-14 for the prevention of substance misuse over 12 and 24 months
- Young people data show no SFP10-14 effects in terms of parent-child relationships and parenting skills,
- Parental data indicate improvement in all dimensions among those who participated in SFP10-14 compared to controls.

Why SFP10-14 is less effective in Poland than in USA?

- **„The cultural adaptation process for the international transport”** (Kumpfer, et al., 2008)

1. Verification of needs and etiological models
2. Implementation of original materials first
3. Staff selection and training
4. Implementation with fidelity
5. Adaptation made with pilot groups
6. Revision of the materials
7. Empowerment evaluation
8. Dissemination of the results

- **Evaluation study**

- **Cross-country differences**



The cultural adaptation process



Background

Needs assessment

14-15 year olds	USA	Poland
Lifetime cigarettes smoking	40%	60%
Lifetime drunkenness	25%	50%
Lifetime cannabis use:	20%	18%

Etiological precursors

- social ecology theory,
promotion of effective
parenting – **these
theoretical models were
not tested in Poland**



The process of adaptation

1. Experts' opinions about the usefulness of SFP10-14 in Poland
– very positive, except for punishing by work (chores)



2. Translation of the English materials (manual and DVD's)
3. Focus groups with parents and youth – program well received, some ideas for preparation of Polish materials and modifications proposed
4. Training of trainers by SFP10-14 co-authors
5. Production of educational DVD with Polish actors
6. Pilot implementation in 3 local communities – very promising 😊, but...

but...

1. For Polish conditions the program is very expensive
 - SFP10-14: 3 facilitators working with few people for several weeks
 - Most typical school-based programs: 1 teacher working with about 30 students for few hours
2. No possibility of providing additional support for families, like:
 - Transport
 - Baby-care
 - Full meals



Decision

Polish version of the SFP10-14 is ready for outcome evaluation!



Evaluation study



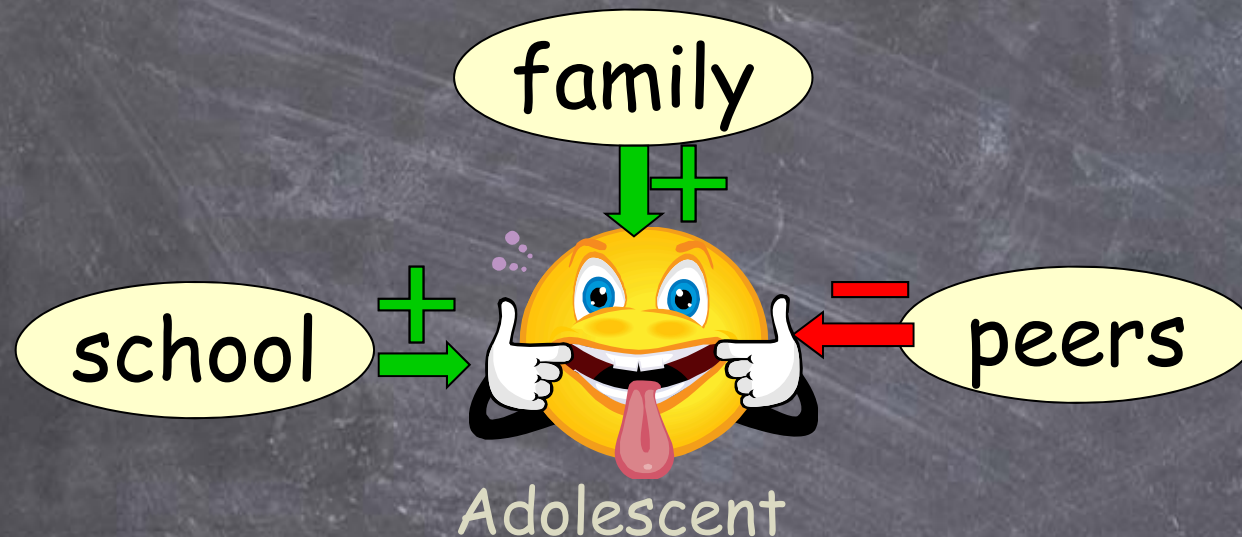
	USA	Poland
Area	rural from a Midwestern state	rural and urban from whole country
Recruitment	school-based	schools, social-care, health-care, NGOs, etc.
Young people's age	6th graders	10-14 year olds (primary and secondary schools)
Venue	schools	various facilities
Group sizes range	3-15 families	
Measures	As described in Conger (1989) Spoth et al. (1995, 1998)	
Design	Cluster randomized control trial	
Sample size	33 schools, N=1192	20 communities, N=684

Cross-country differences



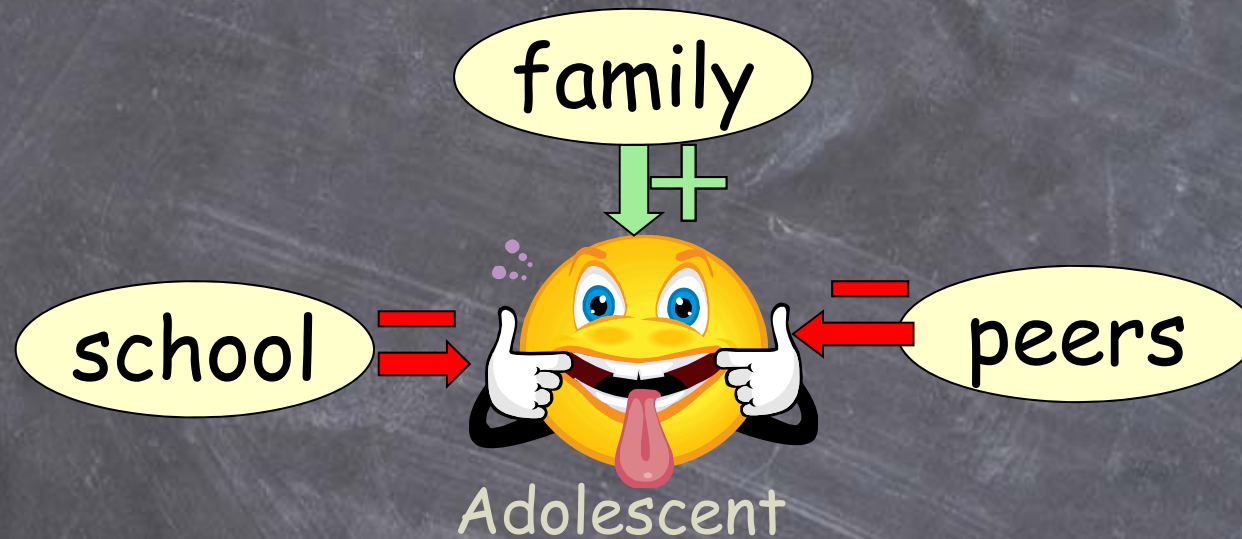
Speculations

School is a very powerful socialization factor, not addressed in SFP10-14



According to the Primary Socialization Theory (Oetting & Donnermeyer, 1998) – school and family are protective factors in contrary to peers

Are Polish schools protective, as well?



- Majority of students in Poland feel alienated from school,
- Lack of support from teachers and peers,
- Teachers are unfair and indifferent

Compared to adolescents from other EU countries:
lower rates of those who like their school
higher rates of those who feel overworked with school

Availability of adequate interventions for families with special challenges is much better in USA than in Poland

- Opinions of Polish SFP10-14 facilitators:
 - *In therapy, I see a lot of parents frustrated with their lives. And there is no places where they can be referred... only SFP10-14*
 - *Social care sends to me only families with very serious problems – violence, neglect, etc. So, during SFP10-14 sessions I am still oscillating between prevention and therapy*
- Maybe, positive effects of SFP10-14 are visible only among parents (not youth) because they are too much self-absorbed?
- They have to deal with their own problems in order to become effective in parenting?

No conclusions, only questions



1. SFP10-14 was carefully adapted without modification of program components, timings, or overall structure. Was it a good decision?
2. Should it be assumed that etiological precursors of problem behaviors among Polish youth are different than in USA?
3. How important is the context of program implementation
 - Settings
 - Groups homogeneity in terms of young people's age
 - Support for families (transport, meals, ...)
4. How important are global (social) factors, like:
 - Attitudes toward using mental health services
 - Availability of these services
 - Schools' culture



Thank you !